

The FIRM
BODY SCULPTING SYSTEM

burn sculpt tone

AS SEEN ON TV

10 MINUTE WORKOUTS

SYSTEM INCLUDES

- 3 DVD's (Medium, Big, and Small)
- 30 Day Workout Calendar
- 30 Day Nutrition Plan
- 1 Cardio Sculpt Stepper
- 1 Body Sculpt Workout
- 1 Fat Sculpt Workout

3 WORKOUTS ON 1 DVD



**burn
sculpt
tone**



SYSTEM INCLUDES

**3 WORKOUTS
ON 1 DVD**

Firm Your Fanny

AN Whitehead



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